

Basic Report 11265, Mushrooms, portabella, raw ^a

Report Date:September 21, 2015 16:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	.85 Value Per85 g	1 cup diced 86g	1 piece whole 84g
Proximates				
Water	g	78.90	79.83	77.97
Energy	kcal	19	19	18
Protein	g	1.79	1.81	1.77
Total lipid (fat)	g	0.30	0.30	0.29
Carbohydrate, by difference	g	3.29	3.33	3.25
Fiber, total dietary	g	1.1	1.1	1.1
Sugars, total	g	2.12	2.15	2.10
Minerals				
Calcium, Ca	mg	3	3	3
Iron, Fe	mg	0.26	0.27	0.26
Phosphorus, P	mg	92	93	91
Potassium, K	mg	309	313	306
Sodium, Na	mg	8	8	8
Zinc, Zn	mg	0.45	0.46	0.45
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.050	0.051	0.050
Riboflavin	mg	0.110	0.112	0.109
Niacin	mg	3.820	3.865	3.775
Vitamin B-6	mg	0.126	0.127	0.124
Folate, DFE ^b	μg	24	24	24
Vitamin B-12	μg	0.04	0.04	0.04
Vitamin A, RAE	μg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	0.02	0.02
Vitamin D (D2 + D3)	μg	0.3	0.3	0.3

Nutrient	Unit	.85 Value Per 85 g	1 cup diced 86g	1 piece whole 84g
Vitamin D	IU	8	9	8
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.051	0.052	0.050
Fatty acids, total monounsaturated	g	0.017	0.017	0.017
Fatty acids, total polyunsaturated	g	0.099	0.101	0.098
Fatty acids, total trans	g	0.003	0.003	0.003
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0

Footnotes

^a Ergosterol = 56 mg/100 g.

^b Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

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